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MARMITE

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With the Compliments of

MARMITE

*The sketches in this book represent
:: an ordinary 8-course dinner ::*

Whenever possible, use British Home-grown
Tomatoes. They will improve the recipes.

THE MARMITE FOOD
EXTRACT CO., LTD.,
WALSINGHAM HOUSE,
SEETHING LANE, E.C.3.

INTRODUCTION

THE recipes contained in this booklet illustrate many of the numerous ways in which MARMITE can be used; they also afford suggestions from which a number of further recipes may be devised.

MARMITE is a food extract of piquant flavour and it possesses health properties that are unique. It introduces variety into meals, and, indeed, should be taken regularly every day in some form or another. It is highly recommended by doctors and nurses, and especially advised by all those who have invalids or children under their care.

MARMITE contains the vital health element, Vitamin B, which helps the body to absorb the nourishment contained in food, tones up the system, and assists in keeping the digestion in order.

An increasing number of people now appreciate the wisdom of taking a little MARMITE daily; it is both savoury and nourishing when spread on hot buttered toast, or in sandwiches, or when served as a hot drink (made by stirring a small teaspoonful of MARMITE or a MARMITE CUBE into a breakfastcupful of boiling water or milk). MARMITE finds a place at breakfast, at the office, at lunch or at tea-time, or at picnics.

The merits of MARMITE—its stimulating flavour, its high concentration, its health-building properties—are recognised by all.

These recipes have been written as briefly as possible. They have all been tested and are thoroughly dependable, provided the directions given are carefully carried out.

Obtainable from all Grocers and Stores :—

Jars : 1 oz., 2 ozs., 4 ozs., 8 ozs. and 16 ozs.

Cubes : Tins of 6, or separately.

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SOUPS

BROWN SOUP

INGREDIENTS

2 potatoes. 1 onion, 1 carrot, 1 turnip.
 2 ozs. butter. 1 large tablespoonful of flour.
 1 quart hot water. Then add that little appetising
 touch—1 teaspoonful of MARMITE.

METHOD

Prepare the vegetables ; melt the butter in a saucepan ; then slice your vegetables thinly, stirring them into the melted butter until nicely browned ; add the flour and slightly brown that too. Dissolve the MARMITE in the hot water and pour over the vegetables, slowly simmering until quite tender. Pass through a sieve, and, if necessary, add seasoning to taste. This soup should be reboiled before serving. Your vegetarian friends will appreciate Brown Soup. Makes a nice meal for four.

JULIENNE SOUP

INGREDIENTS

1 carrot. 1 stick celery.
 ½ onion. 1 cabbage lettuce.
 1 leek. 1½ ozs. butter.
 1 small turnip. 1 small dessertspoonful of
 3 pints hot water. MARMITE.

METHOD

Prepare all the vegetables, cutting them very finely to about equal lengths, and put them into a pan containing the butter over the fire, but do not brown them. Dissolve the MARMITE in the hot water and add it to the vegetables, cooking them until quite tender, removing the scum as it rises. Half a teaspoonful of sugar should be added and other seasoning to taste. Serve hot. Makes a nice meal for four.



HORS D'ŒUVRES (Tomato and Eggs on Toast)

SOUPS

CARROT SOUP

INGREDIENTS

2 quarts hot water.	2 ozs. rice.
6 large carrots.	1 gill milk.
2 onions.	Half a bay leaf.
4 ozs. bacon.	1 dessertspoonful
	MARMITE.

METHOD

Wash and scrape the vegetables and shred them very finely; wash the rice and par boil it. Dissolve the MARMITE in hot water and pour over the vegetables and rice, adding the bacon previously fried a little and cut into small pieces, also the bay leaf. Boil until quite tender, pass through a sieve, add a small piece of butter, the milk, and seasoning to taste, then reboil before serving. Makes a nice meal for six.

BARLEY SOUP

INGREDIENTS

2 ozs. pearl barley.	1 pint milk.
2 small carrots.	$\frac{1}{2}$ gill cream.
1 small onion.	1 yolk of egg.
1 oz. butter.	1 teaspoonful
	MARMITE.

METHOD

Soak the barley in tepid water for a few minutes. Prepare the vegetables, slice thinly and fry lightly in the butter. Add 1 quart water or stock and then the MARMITE, stirring till dissolved. Season to taste. Bring slowly to the boil, skim, and then add the soaked barley. Simmer gently for half an hour. Strain into a clean saucepan and stir in the egg yolk and milk well mixed together. Reheat long enough to bind, but do not boil. Serve hot. Makes a nice meal for four.

TOMATO SOUP

INGREDIENTS

1 oz. crushed tapioca.	1 carrot.
1 lb. fresh ripe (or tinned)	1 onion.
tomatoes.	1 gill milk.
$1\frac{1}{2}$ pints hot water.	1 large teaspoonful
1 oz. butter.	MARMITE.

METHOD

Prepare and thinly slice the vegetables and lightly fry in the melted butter. Dissolve the MARMITE in hot water and pour over the vegetables. Simmer very slowly until quite tender, then strain through a fine sieve. Add the milk and seasoning to taste, bring the whole to a boil, then sprinkle in the crushed tapioca, stirring until the soup is clear. Serve hot with small bread croûtons. Makes a nice meal for three.

SOUPS

CELERY SOUP

INGREDIENTS

2 heads celery.	1 tablespoonful crushed tapioca.
2 ozs. butter.	1 quart water.
$\frac{1}{2}$ pint milk.	1 small teaspoonful MARMITE.

METHOD

Wash the celery, trim and cut into small sections, and cook it in the melted butter for a few minutes. Dissolve the MARMITE in the water, add the celery and boil for about an hour. Then add the tapioca and boil for another 20 minutes. Stir and add seasoning to taste, add milk and reheat before serving with fried bread croûtons. Half a gill of cream will greatly enrich this soup, but it is really quite delicious without it. Makes a nice meal for four.

SCOTCH BROTH

INGREDIENTS

1 lb. scrag end neck of mutton.	2 ozs. pearl barley.
2 onions, 2 carrots, 2 turnips.	1 quart water.
$\frac{1}{2}$ small cabbage prepared.	1 tablespoonful parsley (chopped).

Then, to give your soup that "more-ish" flavour,
1 large teaspoonful MARMITE.

COVER METHOD

Prepare the meat and cover with 1 quart of water, add a

pinch of salt and bring slowly to the boil. In the meantime prepare your vegetables, cutting them into small pieces, and wash the barley. When the water boils, add the vegetables, barley, and stir in the MARMITE and simmer gently for 2 hours, adding the cabbage after it has been blanched and cut into pieces. When cooked, skim off the fat, place the meat on a dish and arrange the vegetables round it. You will find that the soup will require little or no seasoning—MARMITE will season it for you. Makes a nice meal for three.

MACARONI SOUP

INGREDIENTS

3 ozs. stick macaroni.	3 or 4 ozs. grated cheese.
$1\frac{1}{2}$ pints hot water.	1 teaspoonful MARMITE.

METHOD

Blanch the macaroni in salted water, drain and let it cool, cut into small pieces and add to the MARMITE dissolved in the hot water, and cook slowly for half an hour. Add pepper and salt to taste, removing any scum which may rise. Serve this hot with the grated cheese and toast and you will find it a most delicious and satisfying luncheon or supper dish. Makes a nice meal for three.

SOUPS

LENTIL PURÉE

INGREDIENTS

$\frac{1}{2}$ pint of lentils or peas. A piece of celery.
 A bouquet of parsley. Nutmeg.
 1 onion. 1 teaspoonful MARMITE.

METHOD

Carefully pick over and wash the lentils or peas and leave them to soak in tepid water overnight, adding a piece of soda about the size of a pea. When you are ready to make the soup, drain the lentils or peas and boil them in 1 quart of water, adding the peeled onion, celery, and parsley. When the lentils or peas and vegetables are quite tender, pass through a sieve. Now for the flavouring—add 1 teaspoonful of MARMITE, pepper to taste and a grating of nutmeg. Before serving this purée, reheat, and if it is too thick, add a little milk. Makes a nice meal for four.

FRENCH RICE SOUP

INGREDIENTS

2 ozs. rice. $1\frac{1}{2}$ pints hot water.
 2 ozs. butter. $\frac{1}{2}$ pint milk.
 1 onion. Seasoning to taste.
 2 cloves. 1 dessertspoonful MARMITE.

METHOD

Wash rice in several waters. Melt butter in stewpan

and add rice. Stir over fire for a few minutes. Dissolve MARMITE in hot water and add to rice. Bring to boil, skim, and then add onion (peeled and stuck with cloves), also the milk. Simmer gently for about 35 minutes. Season to taste with salt, pepper, and grated nutmeg. Stir occasionally to prevent burning.

To serve soup thin: Simply remove onion and serve hot.
Thick Soup: Remove onion, thicken soup with a little cornflour, chop up the onion and return to soup. Serve hot. Makes a nice meal for four.

VEGETABLE SOUP

INGREDIENTS

1 turnip. 1 small onion.
 1 carrot. 1 oz. butter.
 2 potatoes. $1\frac{1}{2}$ pints water.
 1 gill milk. 1 tablespoonful flour.
 1 large teaspoonful MARMITE.

METHOD

Wash, peel and finely shred the vegetables and stir into the melted butter over the fire for ten minutes, but do not allow them to brown. Dissolve the MARMITE in the water and pour over the vegetables and simmer for about an hour. Remove the scum and add pepper to taste, also a little nutmeg. Mix the flour into the milk. Stir this into the soup to thicken and reboil for 5 minutes. Makes a nice meal for three.

SAVOURY DISHES

SAVOURY MEAT TIMBALE

INGREDIENTS

1 lb. cold meat.	1 tablespoonful mixed herbs.
Mashed potatoes.	Brown breadcrumbs (Hovis).
4 ozs. chopped suet.	Seasoning.
4 ozs. sausage meat.	MARMITE gravy.

METHOD

Cut the meat into rather large shreds and just cover with MARMITE gravy, season with salt and pepper to taste. Take a well-greased timbale mould and sprinkle rather thickly with brown breadcrumbs, then line the sides and bottom of the mould with a good layer of mashed potatoes. Mix together the meat, the chopped suet, sausage meat and herbs. Turn into the prepared mould and cover with a greased paper. Stand in a tin or pan with a little hot water and bake in a fairly hot oven for about an hour. Serve turned out on a hot dish with hot tomato sauce around base. Makes a nice meal for four.

SHEPHERD'S PIE

METHOD

Mince the meat and add a boiled onion, finely chopped. Mix 1 teaspoonful of MARMITE with just enough water to moisten the meat when placed in a greased

pie-dish. Season and cover with mashed potatoes. Reheat in a fairly hot oven for 20 minutes.

IRISH STEW METHOD

Take 2 lbs. middle neck of mutton, trim and cut up. Cover with cold water and simmer for about half an hour. Peel and cut 2 lbs. potatoes into thick pieces and peel and slice two or three onions in rings. Add to the meat and stir in one teaspoonful MARMITE. Simmer for one hour more, season with pepper and serve. Makes a nice meal for four.



SOUP (*Julienne Soup*)

SAVOURY DISHES

SAVOURY PUDDING

INGREDIENTS

Sufficient bread to fill a pint basin.
4 good-sized onions (cooked).
2 ozs. butter or fat.
1 teaspoonful of powdered sage.
1 tablespoonful of oatmeal.

1 egg.
1 cup of milk.
Seasoning.
1 teaspoonful
MARMITE.

METHOD

Break the bread into small pieces and soak till soft in boiling water. Squeeze out the water; add the fat and the onions which have been previously chopped up, oatmeal, sage, and seasoning. Then to get that really attractive flavour in your pudding, dissolve the MARMITE in the hot milk, well beat the egg, add to milk and MARMITE and pour into mixture, beating all well together. Turn into greased basin, cover with greased paper and steam for one hour. Turn on to dish, pour hot brown gravy or hot tomato sauce over and surround with cooked spinach or other green vegetables. Makes a nice meal for four.

BAKED COD STEAK

METHOD

After wiping with a clean cloth, place the cod steak in a greased baking-tin, sprinkle over a pinch of salt, a

few brown breadcrumbs, and a squeeze of lemon juice; cover with a slice of bacon and bake in a moderate oven for 15-20 minutes. Mix a teaspoonful of MARMITE into the fish liquor, adding a little hot water or stock. Pour this gravy around the fish before serving—hot.

MARMITE GLAZE

Next time you are glazing a ham or tongue, try this savoury glaze. You will find your cold meats greatly improved.

INGREDIENTS

1 oz. powdered gelatine. 1 tablespoonful
 $\frac{1}{2}$ pint boiling water. MARMITE.

METHOD

Dissolve the MARMITE in the boiling water. Strain through a fine strainer into an enamel saucepan. Stir in the gelatine and continue stirring over fire until it is dissolved. Let it simmer for a minute or two.

RISSOLES

METHOD

Fry a chopped onion in 1 oz. butter, add 1 oz. flour and cook for a few minutes, then stir in 1 gill of water in which 1 teaspoonful of MARMITE has been

SAVOURY DISHES

dissolved. Cook till smooth and add 4 ozs. of cold meat well minced, a pinch of savoury herbs and seasoning. Cool. Roll out some short crust pastry, cut into 3-inch rounds, place one large teaspoonful of meat on each round, moisten the edges with beaten egg and fold over. Coat with beaten egg and bread-crumbs, and fry in deep fat. Drain. Makes a nice meal for four.

MARMITE BISCUITS

Delicious served alone or with cheese.

INGREDIENTS

2 ozs. butter. 1 teaspoonful MARMITE.
Pinch of salt. ¼ teaspoonful baking powder.
4 ozs. flour. 1 saltspoonful cayenne pepper.
A small quantity of milk.

METHOD

Work butter to a cream and add the flour, baking powder, cayenne pepper, and salt. Dissolve the MARMITE in a little milk and stir into the mixture. Knead well and roll out thinly on a floured board. Stamp out with various shaped cutters. Prick biscuits with a fork and place on a greased baking-tin. Bake for ten to fifteen minutes in a quick oven.

SAVOURY MARMITE FRITTERS

An appetising addition to the breakfast table. Try it instead of fried bread.

INGREDIENTS

Thin slices of stale bread. 1 egg.
MARMITE. Hot fat for frying.

METHOD

Spread the bread thinly with MARMITE. Dip in egg or light batter and fry to a golden brown. Drain on a paper and serve hot. Alternatively the bread may be soaked in MARMITE and milk before frying.

STUFFED PRUNES

Make some oval MARMITE Biscuits. Place on each a cooked stoned prune which has been filled with a mixture made of cream cheese, MARMITE butter and a little chopped gherkin. Pipe round each a little MARMITE butter. Serve cold, garnished with parsley or cress.

DEVILLED EGGS

Fry some eggs. Place each on a round of hot MARMITE toast. Pour over a little hot sauce made by mixing in a saucepan 2 yolks of eggs, 1½ ozs. butter, 1 teaspoonful curry powder, a little chopped mango chutney and half a teaspoonful made mustard. Whisk over a low gas until thick. Serve hot.

EGG & CHEESE DISHES

SAVOURY POACHED EGGS

METHOD

Poach the eggs very carefully in a shallow pan containing just sufficient boiling water, to which has been added a pinch of salt and a squeeze of lemon juice. Prepare your slices of buttered Hovis toast, thinly spread with MARMITE; carefully draining and trimming the eggs, place them on top.

Served hot and garnished with sprigs of fresh parsley, this dish will bring exclamations of delight from your family.

STUFFED EGGS AU GRATIN

Delicious served either hot or cold.

INGREDIENTS

Allow one or two eggs to each person as required.
Finely chopped parsley and chives.
1 teaspoonful MARMITE (more if required).
A little oiled butter and seasoning to taste.

FOR COVERING

White sauce.

Grated cheese.

METHOD

Hard boil the eggs and cut in halves lengthways. Take out the yolks and mix with the chopped parsley and

chives, MARMITE and oiled butter. Add pepper and salt to taste. Fill the eggs with this mixture and place (cut side down) on a well-greased baking-tin. Cover with white sauce and sprinkle with grated cheese. Place in a fairly hot oven until nicely browned. These eggs are delicious when served either hot with vegetables or cold with salad and MARMITE sandwiches.

SCRAMBLED EGGS WITH TOMATOES

Tomatoes and MARMITE make scrambled eggs delightfully tasty.

INGREDIENTS

2 medium-sized skinned and	2 eggs.
chopped tomatoes.	1 oz. butter.
$\frac{1}{2}$ teaspoonful MARMITE.	A little milk.

METHOD

Whisk the eggs in a small basin and add a little milk. Dissolve the butter in a saucepan and pour in the eggs. Mix in the MARMITE and chopped tomatoes. Cook over the fire, stirring continually to avoid burning, and to thoroughly mix. Have ready some rounds of hot buttered toast. Pour mixture over and serve hot, garnished with sprigs of parsley. Makes a nice meal for one.

EGG & CHEESE DISHES

CHEESE CREAM

A quick dish for an unexpected visitor.

INGREDIENTS

3 eggs. 2 ozs. grated Cheddar or Gruyère
1 pint milk. cheese.
1 teaspoonful MARMITE.

METHOD

Boil the milk in a well-scoured saucepan and cool. Beat up the eggs and add to the milk. Place over fire and stir continuously until mixture thickens, but do not allow to boil. Add the MARMITE and grated cheese, pour into soufflé cases, place in oven to brown and serve hot. Makes a nice meal for three.

STUFFED EGGS WITH CHEESE

INGREDIENTS

4 hard-boiled eggs. 1 oz. butter.
½ teaspoonful MARMITE. Pepper to taste.
1 dessertspoonful of grated cheese.
MARMITE toast or fried Hovis bread.

METHOD

Remove shells from eggs and cut each egg in halves crosswise. Cut a small piece off rounded end of each egg to allow them to stand. Take out the yolks and pound together with the butter, cheese, and MARMITE. Add pepper to taste. Fill the eggs with this mixture and place on rounds of toast or fried Hovis bread spread with MARMITE butter. Serve garnished with parsley or small cress. Makes a nice dish for four.



FISH (Baked Cod Steak)

EGG & CHEESE DISHES

SAVOURY EGGS

INGREDIENTS

2 eggs. Hot buttered toast.
 $\frac{1}{2}$ teaspoonful MARMITE. Seasoning.

METHOD

Beat up the eggs, dissolve the MARMITE in a tablespoonful of boiling water, place eggs with MARMITE added in a saucepan, season to taste. Stand saucepan in a stewpan of boiling water and beat mixture with a whisk until it thickens. Spread on hot buttered toast and serve hot. Makes a nice meal for one or two.

SAVOURY CHEESE

MARMITE turns cheese into a delicious savoury supper dish.

INGREDIENTS

1 oz. grated cheese. 1 tablespoonful milk.
 $\frac{1}{2}$ teaspoonful MARMITE. Hot buttered toast.
 1 teaspoonful butter. Seasoning to taste.

METHOD

Place cheese and milk in a small stewpan together

with the MARMITE butter and seasoning. Place over a low fire and stir until it thickens. Spread on the buttered toast and place under grill for a few seconds until the cheese is a golden brown. Serve hot. Makes a nice meal for one.

WELSH RAREBIT

INGREDIENTS

Hot buttered toast. $\frac{1}{2}$ oz. butter.

4 ozs. grated Cheddar cheese.

2 or 3 tablespoonfuls milk, or ale if preferred.

1 small teaspoonful MARMITE.

$\frac{1}{2}$ teaspoonful mustard, pepper, and salt.

METHOD

Melt the butter in a saucepan and add the milk or ale, mustard, salt, and pepper. Place over the fire and sprinkle in the cheese, stirring all the time until it becomes creamy. Add the MARMITE. Pour on to squares of hot buttered toast and place under grill to brown. Serve at once very hot. Makes a nice meal for two.

INVALID DISHES

TO invalids and to those for whom a restricted diet is ordered, MARMITE is particularly welcome.

This appetising food extract has special medicinal properties and it is prescribed extensively by doctors in cases where many foods are strictly forbidden. Its piquant delightful flavour adds relish to invalid dishes, which otherwise often tend to become dull. Moreover, it supplies the all-important Vitamin B, which is often not present in sufficient quantity in special diets. If taken at bedtime a cup of MARMITE, made with either hot water or hot milk, is an excellent means of inducing a sound night's rest. MARMITE is exceptionally rich in Vitamin B, the factor which is of great importance in regulating the digestion and aiding the assimilation of food.

The appetising flavour of MARMITE ; its health-promoting properties ; the ease with which it can be used ; and its economy in use, will appeal to all invalids, and to those responsible for their meals.

The following recipes indicate some of the best methods of introducing MARMITE in invalid cookery.

INVALID DISHES

FISH SOUFFLÉ

A tempting and nourishing dish.

INGREDIENTS

- 2 heaped tablespoonfuls of white fish (sole, whiting, etc.), cooked, boned and chopped.
 $\frac{1}{2}$ teaspoonful MARMITE.
 4 tablespoonfuls of either water, milk, or fish stock.
 1 tablespoonful fresh breadcrumbs. 1 egg.

METHOD

Dissolve the Marmite in hot water, milk, or fish stock, and pour over the fish which has been previously mixed with the breadcrumbs. Separate the yolk of an egg from the white and add the well-beaten yolk to the fish. Beat the white of egg with a pinch of salt to a stiff froth and add to the mixture with a folding motion. Do not beat. Half fill a buttered basin, cover with greased paper and steam slowly for about 20 to 25 minutes. Dish up and serve plain or with a white sauce.

MULLED MILK

INGREDIENTS

- 1 small teaspoonful MARMITE. $\frac{1}{2}$ pint milk.
 Yolk of a large egg.

METHOD

Mix the MARMITE in a basin with one or two spoonfuls of hot milk. Boil the rest of the milk; when cooled a little, add to it the beaten egg and dissolved MARMITE. Return all to the saucepan and whisk over low fire until it thickens. Do not boil. Serve with toast or bread and butter.

ENTRÉE (*Savoury Meat Timbale*)



INVALID DISHES

MILK BOUILLON

INGREDIENTS

1 pint milk. 2 good teaspoonfuls MARMITE.
1 tablespoonful Salt, pepper, and a little grated
hot water. nutmeg.

METHOD

Dissolve the MARMITE in the hot water. Bring the milk to the boil and add the MARMITE, salt, and pepper. Serve very hot with a grate of nutmeg on top.

STEAMED SOLE

Steamed fish with that fascinating flavour which only MARMITE can give.

INGREDIENTS

Two good fillets of sole. MARMITE butter.

METHOD

Butter two plates. Place one over a saucepan of boiling water; lay a fillet of fish on it, spread with MARMITE butter, and cover with a second fillet. Put the other greased plate over the top. Leave to steam for 20 minutes. Serve hot with toast or bread spread with MARMITE butter. A few drops of lemon juice and a little salt may be added. Whiting or thin slices of cod may be cooked in a similar manner.

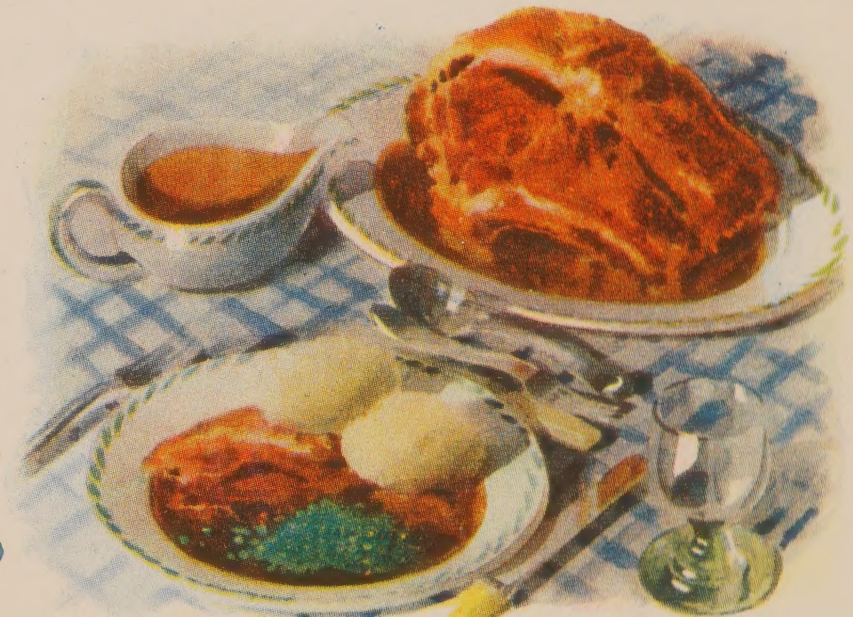
SAVOURY RICE WITH MARMITE

INGREDIENTS

1 pint water. 1 good teaspoonful MARMITE. Salt.
1½ tablespoonfuls Carolina, Japanese or brown rice.

METHOD

Wash rice in two or three waters and cook gently with ¾ pint of water for about 20 to 30 minutes. Dissolve MARMITE in the remainder of the boiling water and add to rice. Season to taste, add a small piece of butter if allowed, and serve. White broth or stock may be used instead of water or milk and water.



JOINT (Marmite Gravy)

INVALID DISHES

INVALID SOUP

INGREDIENTS

1 dessertspoonful patent 1 pint of stock.
barley or groats. 1 teaspoonful MARMITE.
Salt to taste.

METHOD

Boil up stock. Mix barley or groats to a paste with cold water. Add to the stock and boil gently, ten minutes for barley, or twenty minutes for groats. Dissolve MARMITE in a little of the liquid, stir in and serve hot.

NOURISHING JELLY

INGREDIENTS

2 eggs. 1 good teaspoonful MARMITE.
 $\frac{1}{4}$ oz. gelatine. $\frac{3}{4}$ pint boiling water.

METHOD

Dissolve the gelatine in $\frac{1}{4}$ pint boiling water, add it to the MARMITE previously dissolved in the other $\frac{1}{4}$ pint water. Set on one side to cool. Well beat the eggs, add it to the cooled mixture, and strain in a small mould previously rinsed in cold water. Leave to set.

MARMITE ARROWROOT

INGREDIENTS

$\frac{1}{2}$ oz. arrowroot. 1 breakfast cup full of milk
1 small teaspoonful or water to suit personal
MARMITE. requirements.
Salt to taste.

METHOD

Mix the arrowroot to a paste with a tablespoonful of milk or water. Boil the remainder of the milk or water and dissolve the MARMITE in it. Add the hot liquid to the arrowroot paste, stirring all the time; return to saucepan and boil gently for 8 to 10 minutes. Season to taste and serve hot. Try MARMITE biscuits with this dish.

SAVOURY NOURISHING CUSTARD

INGREDIENTS

$\frac{1}{2}$ pint milk. 1 good teaspoonful MARMITE.
Yolks of 2 eggs. Seasoning to taste.

METHOD

Beat and strain the eggs, then add the milk. Dissolve the MARMITE in a little hot water and mix all well together, season, strain and pour into small cup moulds slightly buttered. Cook slowly in same manner as for Fish Soufflé for about 30 minutes.

STUFFINGS, SAUCES, ETC.

ASPIC OR SAVOURY JELLY

INGREDIENTS

1½ pints hot water. 1 dessertspoonful MARMITE.
 4 cloves. 1 stick celery or ½ teaspoonful
 celery salt.
 10 peppercorns.
 1 gill sherry. White and shells of two eggs.
 1 blade mace. 1 carrot, 1 turnip, 1 onion.
 2½ ozs. leaf gelatine. Juice and rind of 1 large lemon.
 1 gill tarragon, chilli and elder vinegar mixed.
 Salt as required.

METHOD

Dissolve the MARMITE in hot water. Put in stewpan and add the gelatine, stirring until dissolved. Add the remainder of the ingredients and whisk well until nearly boiled. Boil up gently two or three times and simmer for half an hour. Pour through a scalded jelly bag or it may be strained through fine butter muslin until it runs clear. Sufficient for one quart.

TOMATO SAUCE

Such an improvement to chops, steaks, fish, and nut meat dishes.

INGREDIENTS

6 large ripe tomatoes. 1 teaspoonful MARMITE.
 1 clove of garlic. 1 teaspoonful chopped parsley.
 3 tablespoonfuls olive oil or 1½ oz. butter.

METHOD

Skin the tomatoes by placing them into boiling water for a few minutes, then chop them coarsely. Heat the butter or oil in a saucepan and add the tomatoes. Crush the clove of garlic and place in saucepan. Cook with a little butter or stock. Add this to the above sauce and mix in the parsley and season to taste. Cover the pan and cook slowly for about half an hour, stirring occasionally to prevent burning. Pass through a fine sieve or strainer and return to saucepan. Reheat and add the MARMITE previously dissolved in a little water.

STUFFINGS, SAUCES, ETC.

BROWN ONION SAUCE

Try this delicious sauce with roast mutton.

INGREDIENTS

- | | |
|---------------------------|------------------------|
| $\frac{1}{2}$ pint stock. | 1 tablespoonful flour. |
| 2 boiled onions. | 1 teaspoonful MARMITE. |
| 1 oz. butter. | |

METHOD

Melt the butter in a stewpan, put in the onions, and fry to a pale brown; add the flour and fry again until brown; then stir in the stock, let it boil up with the

MARMITE added, and simmer slowly until the onions are cooked. Season to taste and use as required.

SAVOURY STUFFING

Excellent with roast pork, goose, or duck.

INGREDIENTS

- | | |
|---|------------------------|
| 1 boiled, peeled onion. | 1 teaspoonful butter. |
| 1 dessertspoonful sage (dried). | |
| 1 tablespoonful breadcrumbs (soaked in a little milk or stock). | 1 teaspoonful MARMITE. |

METHOD

Chop the onion finely and mix with the butter and sage, add the MARMITE, season to taste, mix in the breadcrumbs, put it in a greased baking-tin and bake in a hot oven for about 10 minutes.

THICK MARMITE GRAVY

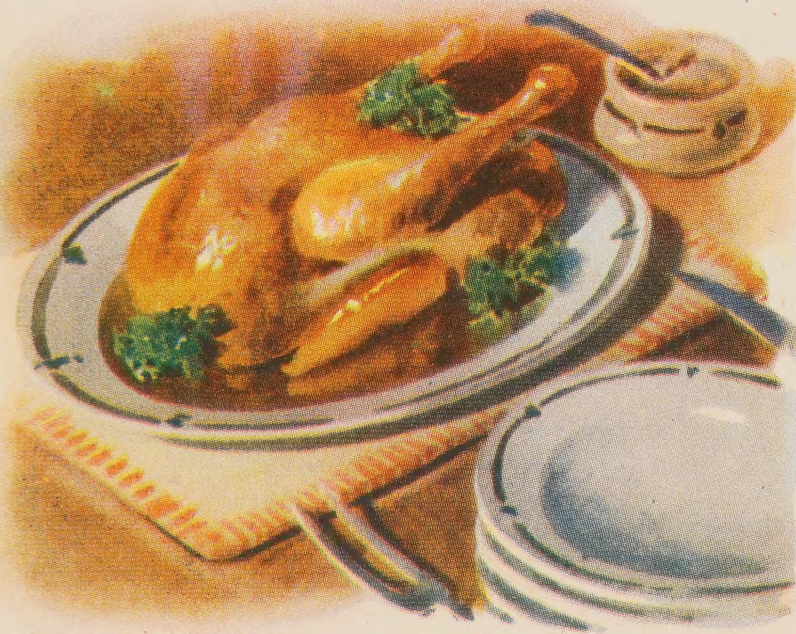
This gravy gives that distinctive flavour to any roast.

INGREDIENTS

- | | |
|------------------------------------|------------------------|
| $\frac{1}{2}$ pint stock or water. | 1 oz. flour. |
| 1 oz. butter. | 1 teaspoonful MARMITE. |

METHOD

Melt the butter in a clean saucepan, stir in the flour and fry to a light brown colour, then gradually add the stock, stirring all the time to keep it smooth. Add the MARMITE, stirring until dissolved. Place in sauce-bowl and serve hot. Add more stock if desired thinner.



SANDWICHES

MOCK CRAB SANDWICHES

Another addition to the picnic baskets, tasty but inexpensive.

INGREDIENTS

2 ozs. grated Cheddar	$\frac{1}{2}$ teaspoonful mustard.
cheese.	$\frac{1}{2}$ teaspoonful MARMITE.
1 hard-boiled egg.	2 skinned tomatoes.

METHOD

Chop the tomatoes finely and mix in the finely chopped egg and the grated cheese, working all to a smooth paste. Add the mustard and the MARMITE and mix all well together. Have prepared some thin slices of brown and white bread and butter very thinly spread with MARMITE. Spread the filling on every other slice, place together, trim, or cut in desired shapes.

This filling can also be used as an addition to green salad.

MARMITE TOASTS

- (1) Butter a round of toast and spread thinly with MARMITE; serve hot, cut into fingers.
- (2) Spread a round of toast with MARMITE butter and serve as above.

- (3) Squeeze a little gravy from a slice of roast meat over the toast (Nos. 1 or 2). Useful where meat flavour is desired, and meat not allowed.

- (4) *Suitable for Convalescents.* Toast as No. 2. Mix a spoonful of cooked minced chicken with a little cream and season with salt and pepper and a little grated nutmeg.

MARMITE BUTTER

For sandwiches and toast, etc.

INGREDIENTS

MARMITE.	Use three times as much
Fresh butter.	butter as MARMITE.

METHOD

Place butter on a plate and work to a cream with a knife or spoon. Gradually add the MARMITE until you have a soft nut-brown paste. In cold weather it is an advantage to warm the plate before starting. Use instead of plain butter MARMITE for toast or when serving poached eggs, welsh rarebit, etc. Try it also with grilled or boiled fish, especially where you find a thickened sauce does not agree.

SANDWICHES

MARMITE HAM TOAST

Spread sufficient rounds of toast with MARMITE butter (made with 1 oz. of butter to half teaspoonful MARMITE); work to soft paste. Sprinkle with finely chopped cooked ham. Cut into finger shapes and serve hot, garnished with sprigs of parsley.

MARMITE SANDWICHES

Try these at your next bridge party, or for that day in the car when you pack your lunch.

METHOD

Cut thin slices of white or Hovis brown bread. Spread each slice thinly with MARMITE butter. Sprinkle with finely chopped nuts. Place two together, trim crusts and cut in neat shapes. For bridge teas stamp out with cutters of hearts, diamonds, etc.

A FEW SANDWICH FILLINGS

(1) Place crisp lettuce or chopped watercress between bread spread with MARMITE butter.

- (2) Spread bread with MARMITE butter and sprinkle with chopped walnuts.
- (3) Thinly sliced cucumber combined with MARMITE butter makes a delicious, piquant sandwich spread.
- (4) Cream cheese or grated cheese mixed directly into MARMITE butter is sure to be enjoyed.
- (5) Spread brown bread with MARMITE butter and put sliced tomato in between.
- (6) Mash a banana with a little lemon juice and spread it sparingly on top of MARMITE butter.
- (7) Minced chicken with mayonnaise sauce, placed between slices of bread spread with MARMITE butter.
- (8) Thinly sliced tomatoes, sprinkled with grated cheese in between bread spread with MARMITE butter. The tomatoes should be previously skinned by dipping in boiling water.
- (9) Finely chopped figs or dates with MARMITE butter are most appetising for sandwiches.
- (10) Other tasty sandwich fillings are fish or meat pastes (not anchovy) used in conjunction with MARMITE butter, etc., etc.

VEGETARIAN DISHES

THE recipes given in the following pages show many of the ways in which MARMITE, the tasty food extract, may be used by vegetarians ; numerous other recipes may be built up on these.

MARMITE, being a purely vegetable product, is essential to vegetarian cookery. Its nourishing, health-promoting properties and appetising flavour appeal strongly to all food reformers and to those who are interested in diet.

MARMITE is one of the richest sources of the all-important factor, Vitamin B, which enables the body to extract the fullest nourishment from food, and which helps to keep the digestion in order.

Sound nutrition and a perfect digestion are of the greatest importance in the maintenance of good health ; vegetarians would, therefore, be well advised to take MARMITE regularly once or twice every day. MARMITE taken at night ensures refreshing sleep. Use MARMITE every day ; it brings good health and better meals.

VEGETARIAN DISHES

STUFFED TOMATOES WITH RICE

INGREDIENTS

4 tomatoes.	3 teaspoonfuls grated cheese.
Breadcrumbs.	1 small teaspoonful MARMITE.
1 oz. butter.	2 ozs. boiled rice.

METHOD

Cut a slice off top of each tomato, scoop out the pulp, put it in a saucepan with butter. When quite

hot, add the boiled rice, cheese, and MARMITE ; season to taste. Cook for a short time, stirring to keep the mixture creamy. Fill the tomatoes with mixture, replace the slice cut off, sprinkle with bread-crumbs, and place on a greased baking sheet, and bake in a fairly hot oven for twenty minutes. Garnish with parsley and serve hot. Makes a nice meal for four.

CURRIED TOMATOES

INGREDIENTS

6 small tomatoes.	1 gill MARMITE gravy (thin).
1 oz. butter.	1 large dessertspoonful curry powder.
Half onion.	
Lemon juice.	Half a small sour apple.

METHOD

Peel and mince the onion and fry a light brown in the butter. Turn into a stewpan and add the apple, minced, the MARMITE gravy, and the curry powder. Stir well and simmer for ten minutes. Skin the tomatoes in boiling water, cut up and add to the curry. A few minutes before serving add a few drops of lemon juice. Serve with plain boiled rice. Makes a nice meal for three.

SWEET (Savoury Nourishing Custard)



VEGETARIAN DISHES

DUCHESS POTATOES

INGREDIENTS

2 lbs. potatoes. Seasoning to taste.
Yolks of 2 eggs. 1 small teaspoonful MARMITE.
1 oz. butter or 1 tablespoonful cream.

METHOD

Peel and boil potatoes in ordinary way. Mash them finely and season with salt, pepper, and cream or oiled butter. Well beat the egg yolks and add to the mashed potatoes, then to give the potatoes that "different" flavour add the MARMITE. Mix well into the potatoes. Turn mixture on to a floured board, divided into twelve pieces, shape each piece into a small pyramid, mark with fork, and place on a greased dish. Bake in hot oven until lightly browned.

TOMATO PILAU

INGREDIENTS

2 small onions. $\frac{1}{2}$ pint vegetable stock or milk.
2 ozs. nut fat. 1 teaspoonful MARMITE.
 $\frac{1}{2}$ lb. rice. 1 pint tomato purée.

METHOD

Peel and slice the onions and fry lightly in half the nut fat. Add the purée and stock or milk flavoured with the MARMITE. Bring gently to the boil. Well wash the rice and add to the purée. Cook gently for

about half an hour or until rice is quite tender. Serve hot with sippets of toasted bread. Makes a nice meal for three.

TOMATO AND MACARONI PIE

INGREDIENTS

$\frac{1}{2}$ lb. macaroni (white or wholemeal).	$\frac{1}{2}$ gill MARMITE gravy (thin).
1 lb. tomatoes.	Breadcrumbs.
2 ozs. grated cheese.	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ peeled and chopped onion.	$\frac{1}{2}$ pint cheese or onion sauce.
Chopped parsley.	Seasoning.

METHOD

Boil the macaroni in salted boiling water until tender. Skin the tomatoes and cut into thin slices; season with salt and pepper. Sprinkle a greased pie-dish with breadcrumbs. Place a layer of tomatoes in bottom of dish and sprinkle over these a layer of grated cheese. Next add a layer of chopped onion and parsley, and then the macaroni, covering this with the remainder of the tomatoes. Pour over the MARMITE gravy, and sprinkle with breadcrumbs. Place a few knobs of butter on top and bake for about half an hour in a fairly quick oven. Turn out on to a fairly hot dish and serve with a well-seasoned cheese or onion sauce. Makes a nice meal for three.

VEGETARIAN DISHES

SAVOURY TOMATOES

A new dish.

INGREDIENTS

4 large tomatoes. 2 ozs. ground brazil nuts.
Mixed herbs. 1 small teaspoonful MARMITE.
4 ozs. breadcrumbs. 1 small boiled onion.

METHOD

Cut top off each tomato and scoop out the pulp; chop the onion and add to the tomato pulp. Mix in the ground brazil nuts and breadcrumbs, then add the mixed herbs and MARMITE. Mix all well together, softening with a little milk if too stiff. Fill the tomatoes with this mixture and replace top slice. Place on greased fireproof dish and bake in moderate oven for about twenty minutes. Makes a nice meal for four.

VEGETABLE HOT POT

Far more nutritious when MARMITE is included.

INGREDIENTS

2 lbs. potatoes. 1 teaspoonful mixed herbs.
4 onions. $\frac{1}{2}$ pint stock or water.
4 fresh mushrooms. 1 dessertspoonful MARMITE.
2 ozs. nut fat. Salt and pepper to taste.

METHOD

Peel and slice potatoes and onions. Peel and stem the mushrooms and cut into thin slices. Butter a hot pot or pie-dish and fill with alternate layers of potatoes and onions, sprinkling between each layer the mushrooms and mixed herbs. Cover with thinly sliced potatoes. Season to taste. Dissolve the MARMITE in the stock or water and pour over. Put a few small knobs of nut fat on top, and bake in hot oven for about two hours. Makes a nice meal for three.

STEWED MUSHROOMS

INGREDIENTS

Chopped parsley. 1 teaspoonful MARMITE.
2 ozs. nut fat. $\frac{1}{2}$ lb. fresh mushrooms.
 $\frac{1}{2}$ pint milk. 1 dessertspoonful cornflour.
Seasoning.

METHOD

Wipe and peel mushrooms, remove the stalks, place in saucepan and cover with milk, and simmer gently until mushrooms are really tender; add seasoning. Mix cornflour to paste and stir in. Dissolve the MARMITE in a little warm milk and add. Dish up, sprinkle with chopped parsley. Serve hot. Makes a nice meal for two.

VEGETARIAN DISHES

NUT SAUSAGES OR CROQUETTES

INGREDIENTS

Nut meat, prepared as for nut roast. Nut fat for frying.
1 egg. Wholemeal flour.

METHOD

Prepare the nut meat as for nut roast, and when finished bind with a well-beaten egg. Shape into small sausages or croquettes and roll in wholemeal flour. Fry to a golden brown in boiling fat. Serve either hot with vegetable and thick MARMITE gravy, or cold with salad and MARMITE sandwiches. This nut meat can also be used as a filling for sandwiches and is a welcome addition to the picnic basket.

NUT MEAT TIMBALE

INGREDIENTS

Nut meat, as prepared for nut roast. 1 medium-sized onion.
2 carrots. 1 parsnip.

METHOD

Prepare nut meat as for nut roast. Wash and scrub the carrots and grate finely. Line a greased pudding basin with the grated carrot. Place a thick layer of nut meat in the basin. Peel the onion and chop finely, thinly peel the parsnip and grate on to a separate dish. Place a layer of grated onion on top of nut meat, then add another layer of nut meat, then a layer

of grated parsnip. Continue these alternate layers until the basin is full, covering the top layer of nut meat with grated carrot. Cover with greased paper and saucer and steam for one hour. Turn on to hot dish and serve with thick MARMITE gravy.

VEGETARIAN SHEPHERD'S PIE

Shepherd's Pie made with MARMITE is a popular dish.

INGREDIENTS

Mashed potatoes. 1 carrot.
Nut meat, prepared as for nut roast. Salt and pepper.
1 boiled onion. 1 teaspoonful MARMITE.

METHOD

Cook and mash the potatoes in the usual way. Have ready the nut meat made from the recipe for nut roast, but do not cook. Place the nut meat in the bottom of a greased pie-dish. Chop up the boiled onion and grate the carrot. Mix together and place in a layer over the nut meat. Dissolve the MARMITE in sufficient water to moisten this. Pour over. Fill the dish with mashed potatoes and mark with a fork. Bake in a fairly hot oven for about 30 minutes. Serve hot with green vegetables and thick MARMITE gravy. Even your meat-eating friends will find this dish palatable. Makes a nice dish for four.

VEGETARIAN DISHES

UNCOOKED NUTMEAT

INGREDIENTS

Chopped parsley.	1 teaspoonful MARMITE.
Ground pinekernels.	Lemon rind.
Wholemeal or Hovis breadcrumbs.	Wholemeal flour.

METHOD

Mix together one cupful of wholemeal breadcrumbs, an ample supply of chopped parsley, and a little grated lemon rind. In half a cupful of water dissolve one teaspoonful of MARMITE, add one teaspoonful of

lemon juice, and thicken with a little wholemeal flour. Pour the liquid over the breadcrumbs and stir until the latter is thoroughly softened. Then stir in two cupfuls of ground pinekernels. Press into a greased mould, and allow to stand for about two hours. It is then ready for use. Makes a nice meal for four.

NUT ROAST

Once you have added MARMITE to your Nut Roast you will never be content with it otherwise.

INGREDIENTS

$\frac{1}{2}$ lb. shelled brazils.	Mixed herbs.
2 medium-sized potatoes.	1 teaspoonful MARMITE.
2 medium-sized onions.	Nut fat.

METHOD

Boil the potatoes and onions until thoroughly cooked. Strain off and mash together. Put the shelled brazils through a nut mill and mix with the mashed potatoes and onions. Add a sprinkling of mixed herbs and lastly the MARMITE, mixing all well together so that the MARMITE is well distributed. Turn on to a floured board and shape into a loaf. Place in a greased tin. Cut a few of the shelled brazils in halves and place on top of the loaf, put a few knobs of nut fat on top, and bake in a fairly hot oven for about half an hour. This roast is truly delicious. Makes a nice meal for four.



CHEESE (with P.F. Twiglet Biscuits)

VEGETARIAN DISHES

VEGETABLE STEW

What is more delicious on a cold day than Vegetable Stew made savoury with MARMITE?

INGREDIENTS

1 lb. potatoes.	1 dessertspoonful MARMITE.
1 turnip or parsnip.	1 pint stock or water.
2 carrots.	1 oz. rice or pearl barley.
2 ozs. nut fat.	4 moderate-sized Spanish onions.

METHOD

Peel potatoes, scrub carrots and turnip or parsnip, and slice into a stewpan. Peel the onions and add to vegetables, season with salt, pepper and grate of nutmeg. Dissolve the MARMITE in stock or water and pour over the vegetables. Simmer for about half an hour, then add the rice or pearl barley well washed, and simmer for at least another hour. If the liquid evaporates, add a little more MARMITE gravy. About half an hour before serving add some dumplings made from 4 ozs. white or plain flour, 2 ozs. chopped nut suet, 1 small teaspoonful MARMITE. Mix the suet and flour into a stiff dough with cold water in which the MARMITE has been dissolved. Roll into small balls and place on top of stew. Replace the lid and cook

gently for about 20 minutes. Serve very hot. Makes a nice meal for three.

BRAISED VEGETABLE PIE

INGREDIENTS

$\frac{1}{2}$ lb. butter beans.	2 ozs. nut fat.
$\frac{1}{2}$ oz. soaked tapioca.	Mixed herbs.
1 oz. butter.	1 dessertspoonful MARMITE.
1 lb. mushrooms.	Short crust.
1 peeled onion.	

METHOD

Cook the beans and onion separately in stock or water until tender. Mash with 1 oz. butter and add a sprinkling of mixed herbs. Prepare the mushrooms and fry in the nut fat. Leave to cool. Line a greased pie-dish or raised pie-mould with the short crust. Cover the bottom with a thin layer of soaked tapioca, then mushrooms, then onions and beans; repeat until dish is full. Dissolve the MARMITE in a very little of the bean stock and pour over the vegetables, taking care that you do not make the pastry wet. Cover the top with pastry and ornament. Bake in a moderate oven for about forty minutes. Turn out and serve hot with green vegetables. This dish is delicious when served cold with a salad and MARMITE sandwiches. Makes a nice meal for four.

VEGETARIAN DISHES

BAKED STUFFED POTATOES

Baked potatoes are health-giving and nutritious, but they are doubly so with MARMITE added.

INGREDIENTS

Baked potatoes. 1 egg.
MARMITE butter. Seasoning.

METHOD

Bake sufficient large potatoes to suit requirements. Cut in halves, and scoop out inside of potatoes. Mash with MARMITE butter, pepper, and salt, also a grate of nutmeg. Beat up the yolk of an egg and add to mashed potato. Whisk white of egg to a stiff froth and fold into potato mixture. Fill the potato jackets with this mixture and sprinkle with grated cheese. Place in oven to thoroughly reheat. Serve hot, plain, or with tomato sauce.

CARROT CASSOLETTES

INGREDIENTS

Sufficient puff paste. 1 tablespoonful cream or un-
1 oz. butter. sweetened condensed milk.
2 or 3 eggs. 1 teaspoonful MARMITE.
2 gills stock. 1 bunch young carrots.

METHOD

Scrub the carrots and shred or grate them finely. Place in stewpan with 1 oz. butter and stir over fire for a few minutes, taking care they do not brown. Add the stock and cook gently until tender. Rub through a fine sieve and return to stewpan. Stir in the MARMITE, then the cream or condensed milk and the beaten egg yolks. Season with a little sauce and cayenne pepper. Place over gas and stir until the eggs are partly set, remove and leave to cool. Whisk the whites of 2 eggs to a stiff froth and fold into purée. Line a number of patty-pans with puff paste and fill with carrot purée. Bake in hot oven for ten to fifteen minutes. Serve hot. Makes a nice meal for four.

MARMITE CUP

Dissolve one cube of MARMITE in a cup of boiling water. Serve hot with MARMITE biscuits or toast.

MARMITE SOUP

Dissolve one teaspoonful MARMITE in a saucepan of boiling water, sprinkle in one teaspoonful crushed tapioca. Boil until clear, then add one teaspoonful sherry. Serve hot or ice and serve in cups.

MARMITE for INFANTS & CHILDREN

MARMITE is highly recommended for children of all ages, and the opinion has been expressed by doctors and other scientific people that every child should have a little MARMITE daily.

Infants who are backward in growth and do not put on weight, often improve rapidly if MARMITE is added to their daily diet. Babies take MARMITE eagerly in milk, and its addition is very beneficial in counteracting the tendency to internal sluggishness which an exclusive milk diet so often produces. MARMITE is often ordered for babies from birth, about $\frac{1}{4}$ teaspoonful being added to the bottle.

Babies from Three to Six Months

should have at least $\frac{1}{4}$ teaspoonful of MARMITE added to their daily milk diet.

Babies from Six to Twelve Months

should have at least $\frac{1}{2}$ teaspoonful of MARMITE added to their daily milk or broth diet.

Children from One to Five Years

may be given 1 teaspoonful or more of MARMITE added to their warm milk, or lightly spread on bread and butter, rusks or toast.

Give MARMITE to children regularly as a hot drink, made with milk or water, and on bread and butter ; also use it freely for cooking purposes. Remember the doctors say that MARMITE is good for you and that it is particularly good for children—and children love its delicious flavour.

MARMITE is a very concentrated extract, and therefore very economical in use.

Approximate Weights and Measures and their equivalents

LIQUIDS

1 small teacupful ... equals $\frac{1}{4}$ pint or 1 gill 1 tumblerful equals $\frac{1}{2}$ pint
 2 small breakfastcupfuls ... equal 1 pint

BUTTER, LARD, GOLDEN SYRUP, DRIPPING, FAT, &c.

1 tablespoonful equals 2 ozs.
 3 pennies weigh 1 oz.

FLOUR, SALT, PEPPER, MUSTARD, RICE, SUGAR, OATMEAL, CURRANTS, &c.

1 slightly heaped teaspoonful equals $\frac{1}{4}$ oz. 1 slightly heaped dessertspoonful equals $\frac{1}{2}$ oz.
 1 slightly heaped tablespoonful equals 1 oz. 4 small teacupfuls equal 1 lb.

SOUPS · SAUCES
STEW · SAVOURIES
SANDWICHES



MARMITE